



THE SUFFOLK INTERGROUP A.A. October, 2018

Volume 45

Number 6

Bulletin[△]

Visit your Suffolk County AA Website at: <http://www.suffolkny-aa.org>

Photography by Russell M.

In Memory of Bob R.

We had an interesting connection. He was a Bob R and so am I, in the anonymous world of AA that made for much confusion. Especially so when he held the General Services Archives Chairperson position at the same time I had that title at Suffolk Intergroup. In fact, when he got married to Sue, people texted me congratulations on tying the knot. Up until the end I was getting messages that were really meant for him. These were wonderful reminders that he was part of my world and I was grateful for that.

He was a great man, very active in service work and carrying the message. Be it the Unity Breakfast, his adoption of a struggling group to keep it afloat or as a member in good standing at West Islip's Good Sobriety. He never wavered in his love of Alcoholics Anonymous. Nor did he waver in his love for his family. When he shared about being reunited with his son after much trial and tribulation there wasn't a dry eye in the house. Yet he was one of the funniest guys. In fact he was pursuing a career as a stand-up comedian and major success was probably just a gig or so away. That's how talented he was.

It isn't easy saying goodbye like this. Bob R was a true original. He gave so much and touched so many lives. There are so many of us who will miss him.

Bob R.

Fort Salonga Workshop



THIS BULLETIN NEEDS YOUR HELP! We need YOUR participation!

Please help and send in · your articles! · your experiences! · your announcements! · your comments! · your artwork, poems, photos, etc.! Send to Fran at: bulletins@suffolkny-aa.org

Notice: SUBMISSION DUE DATE for November's Bulletin is Wednesday October 17th!

Send your submissions to Editor at: bulletins@suffolkny-aa.org

"Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression. I have been given a quiet place in bright sunshine."

Bill W.

September Business Meetings

FIRST TUESDAY OF THE MONTH

Tues. 10/6/18 8:00pm

True North Community Church

1101 Lakeland Ave. Bohemia

SIA Business Meeting: 8:00 PM

Archives Committee meeting: 7:00 PM

New Group Rep Orientation: 7:00 PM

Public Information Committee:

THIRD TUESDAY OF MONTH

Tues. 10/16/18 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:

LAST TUESDAY OF MONTH

Tues. 10/30/18 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

Treatment Facilities Committee:

THIRD TUESDAY OF MONTH

Tues. 10/16/18 7:00 PM SIA Office, 113-8 Bay Ave. Patchogue

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 10/19/18 8:00 PM

New GSR Orientation: 7:00 PM

**True North Community Church
1101 Lakeland Ave. Bohemia**

Contact your Intergroup Chairs!

Chair - Tomchairman@suffolkny-aa.org

Alt Chair - Jean Marie

alt-chair@suffolkny-aa.org

Treasurer - Lee....treasurer@suffolkny-aa.org

Corr. Sec. - Zoe corsec@suffolkny-aa.org

Recording Sec.

Christy....recsec@suffolkny-aa.org

Answering

Service....phones@suffolkny-aa.org

Archives-Jack....archives@suffolkny-aa.org

Bulletin - Fran....bulletins@suffolkny-aa.org

Corrections - Mary....correct@suffolkny-aa.org

Grapevine-

Kevin....grapevine@suffolkny-aa.org

Hot Line - Jimmy

G.....phones@suffolkny-aa.org

Institutions -

Bridget ...institutions@suffolkny-aa.org

Literature - Ed....books@suffolkny-aa.org

Meeting List -

VACANT....meetings@suffolkny-aa.org

Public Info - Christy ..

pubinfo@suffolkny-aa.org

Office Manager -

VACANT....siaoffice@suffolkny-aa.org

Schools - Mike... schools@suffolkny-aa.org

Share A Thon Ronnie....

share@suffolkny-aa.org

Special Events - Irene L....

specevent@suffolkny-aa.org

Third Legacy - Dawn....

Share-A-Thon 2018

Sunday, October 14th at

**St. Joseph's College in
Patchogue, NY**

**Workshops will be provided
all day.**

**Doors open at 8:30 for
bagels and coffee.**

**Lunch will be served from
12:00 to 2:00**

**Workshops begin at 9 am and end at 3
pm.**

**The Closing Meeting and Spiritual
Speakers**

will immediately

follow the last workshop.

**The Battle of the Home Groups will
happen**

after the closing Spiritual Speakers

**For questions or info please email
share@suffolkny-aa.org**

Save the date.

**51st SENY
Convention
"Our Big Book
80 Years
71 Languages"**



March 22-24, 2019

Westchester Marriott Hotel

670 White Plains Road, Tarrytown, NY 10591

Speaker Meetings • Workshops & Panels • Alkathon • Banquet • Archives
Literature & Service Tables • AA Videos • Spanish Translation
Entertainment • Al-Anon • Much More

Get involved. Upcoming Convention Planning Committee meetings are
September 23 & October 28, 2018. (At NY Intergroup, 307 Seventh
Avenue, Room 201, NYC 10001.) Submit logo artwork for our theme.

convention@aaseny.org



Public Info/Schools

Notice

**We will not be having a
Pub Info/Schools committee
meeting in November due to the
holidays.**

**In December our
Pub Info/Schools meetings will
begin to be held on the third
Wednesday of the month,
December 19th, 2018.**

*****SPEAKERSNEEDED*****

**Corrections needs your help
and service to**

CARRY THE MESSAGE

**by speaking at either Yaphank or
Riverhead Correctional Facility.**

MALE SPEAKERS NEEDED:

Mondays from 6-7pm for Yaphank

Wednesdays from 7-8pm for Riverhead

Fridays from 7-8pm for Riverhead

FEMALE SPEAKERS NEEDED:

Sundays 10-11am in Yaphank

**Monday, Tuesday and Wednesday
from 7-8pm**

Yaphank

**If you or anyone you know would like to
speak,**

**please email correct@suffolkny-aa.org for
an**

application or with questions.

**Requirements: 6 months sobriety to speak
and 1+**

**years to chair a meeting. This is an excellent
opportunity for service. Thank you!**

Adventureland Success!

On behalf of myself , the SIA officers and chairs, and Nassau Intergroup I want to thank everyone who came to Adventureland on September 15th and made it a night to remember! We couldn't have made it happen with out the support of all of you! I look forward to more events in the future!

Jean Marie
Alternate Chair

Around the AA Campus

The following groups are celebrating big number years of anniversaries; East Hampton Group racked up its 70th and Southampton its 71st. Nice work carrying the message all these years!

Sadly these three groups are no longer with us. Smithtown Higher Ground, Lindenhurst Sober and Free and Medford By the Book

The North Shore Men's Group, affectionately known as the Monks Group, seeks guys to continue supporting a meeting that has been around for over 50 years. It meets every Wednesday at 8:00 P.M.

A new group, Dr. Bob and the Good Oldtimers meets every
Thursday evening at 7:00 PM
St. Josephs R.C.Church Rectory basement Room A
45 Church St. Ronkonkoma

Two gems heard at meetings: "Please no profanity--- unless absolutely necessary" and "Alcoholics are the only people who deal with their loneliness by isolating."

The Suffolk Intergroup Bulletin

2019 Budget

Income	2018 budget	Fixed Budget	2019 Proposed	Difference
Funds from prudent reserve	\$ 2,500.00		\$ 8,000.00	\$ 5,500.00
Individual Contributions	\$ -		\$ -	
Grapevine	\$ 2,000.00		\$ 1,000.00	\$ (1,000.00)
Group Contributions	\$ 75,000.00		\$ 80,000.00	\$ 5,000.00
Literature Sales	\$ 32,000.00		\$ 30,000.00	\$ (2,000.00)
Miscellaneous	\$ 100.00		\$ -	\$ (100.00)
TOTAL INCOME	\$ 111,600.00		\$ 119,000.00	
Expenses				
Office				
Cablevision	\$ 1,100.00		\$ 1,100.00	
Computer/ Internet	\$ 1,200.00		\$ 2,500.00	\$ 1,300.00
Insurance	\$ 3,800.00		\$ 3,800.00	
Leased Equipment	\$ 2,000.00		\$ 2,000.00	
Maintenance	\$ 2,000.00		\$ 5,000.00	\$ 3,000.00
Miscellaneous	\$ 500.00		\$ 250.00	\$ (250.00)
Postage	\$ 2,000.00		\$ 2,000.00	
Rent- Office	\$ 15,500.00		\$ 16,275.00	\$ 775.00
Rent - True North	\$ 600.00		\$ 900.00	\$ 300.00
Supplies	\$ 1,500.00		\$ 1,350.00	\$ (150.00)
Telephone	\$ 925.00		\$ 925.00	
Utilities	\$ 5,000.00		\$ 5,000.00	
Total Office Expenses	\$ 36,125.00		\$ 41,100.00	
Committees				
Hot Line: Telephone	\$ 1,300.00		\$ 1,300.00	
Hot Line: Supplies	\$ 600.00		\$ 500.00	\$ (100.00)
Archives	\$ 1,300.00		\$ 1,200.00	\$ (100.00)
Big Meeting	\$ -		\$ 1,000.00	\$ 1,000.00
Bulletin	\$ 5,000.00		\$ 4,500.00	\$ (500.00)
ByLaws	\$ 150.00		\$ 150.00	
Conventions	\$ 2,400.00		\$ 2,400.00	
Corrections	\$ 2,500.00		\$ 1,500.00	\$ (1,000.00)
Grapevine	\$ 1,200.00		\$ 750.00	\$ (450.00)

2019 Budget

Literature	\$ 34,000.00	\$ 36,000.00	\$ 2,000.00
Meeting List	\$ 12,000.00	\$ 12,000.00	
Officer Expense	\$ 400.00	\$ 400.00	
Public Informaion	\$ 1,000.00	\$ 2,000.00	\$ 3,000.00
Schools	\$ 300.00	\$ 1,000.00	\$ 700.00
Shate-A-Thon	\$ 4,500.00	\$ 7,000.00	\$ 7,000.00
Special Events	\$ 750.00	\$ 750.00	
Special Needs	\$ 100.00	\$ 100.00	
Third Legacy	\$ 400.00	\$ 300.00	\$ (100.00)
Treatment Facilities	\$ 2,500.00	\$ 2,500.00	
Webmaster	\$ 1,300.00	\$ 1,300.00	
Total Committee Expenses	\$ 71,700.00	\$ 77,650.00	\$ 14,825.00
Grand Total Expenses	\$ 107,825.00	\$ 118,750.00	

INSTINCTIVELY KNOWING

The answer, my friend, is blowin' in the wind; the answer is blowin' in the wind.

Bob Dylan

We may have had experience whereby we couldn't come up with the answer to a question or a puzzle or a riddle and we simply had to give up and let it go.

Later, seemingly from out of nowhere, the solution to the problem pops into the head. Was the problem solved by the "subconscious mind" as some scientifically minded people suggest? Perhaps!

However, have you noticed that sometimes when we can "let go" in this physical world we may get help from another realm, a "spiritual" plane, perhaps. Expressing this in another way we might say some people get better answers from the heart than from the

head. In my drunken years my ability to reason was muddled by thoughts of how to get the next drink. Family members couldn't help because I was unwilling to forego the use of alcohol.

Someone once suggested that family life is like a wind-chime; when an individual member of the family develops a problem this is upsetting to the wind-chime because other family members may decide to help and they wind up pushing and pulling in opposite directions.

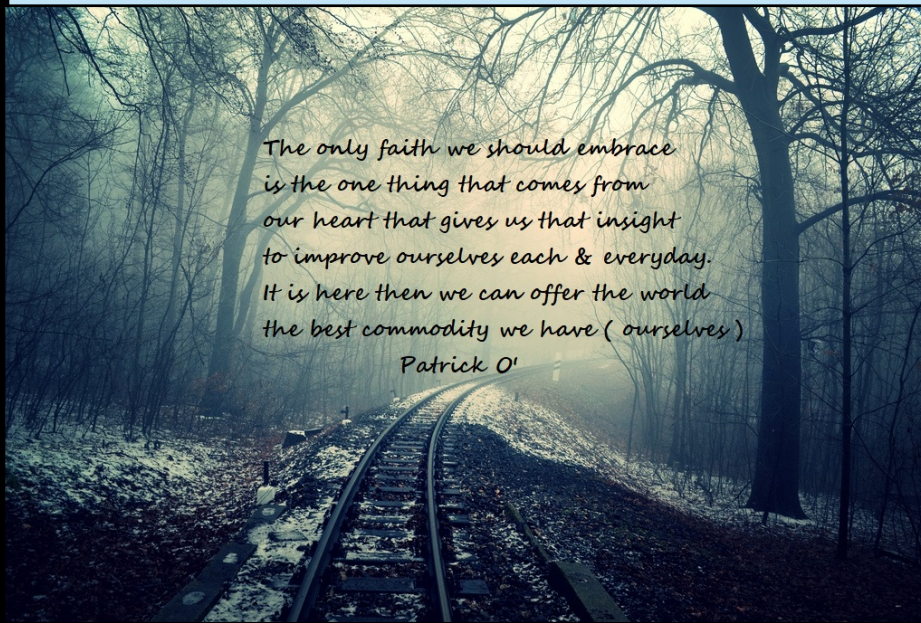
The tenth promise of AA suggests that "We will instinctively know how to handle situations which used to baffle us.

If we painstakingly make good use of our sobriety we may find that we can make better use of our intuition and then it becomes very possible to get answers instinctively.

Ed. H.

*The only faith we should embrace
is the one thing that comes from
our heart that gives us that insight
to improve ourselves each & everyday.
It is here then we can offer the world
the best commodity we have (ourselves)*

Patrick O'



Public Information / CPC & Schools Committee Meeting!

We need you!



Come join us the **THIRD WEDNESDAY OF EVERY MONTH**,
beginning on December 19th, 2018 for Service and Fellowship as
we discuss how we can better reach the Public, Schools and Public
Information

Where? – The SIA Office located at 113-8 Bay Avenue
Patchogue, NY 11772 (Entrance is on Terrell St.)

When? –Third Wednesday at 7:00 PM

NOTE: This meeting was previously held on the Third Tuesday of
the month. The November meeting will not be held due to the
holidays

Like all of A.A., the primary purpose of members
involved with Public Information service is to carry
the A.A. message to the alcoholic who still suffers.

Working together, members of local Public
Information committees convey A.A. information to
the general public through activities such as giving

A.A. information talks at schools and civic
organization meetings, providing A.A. literature to
schools and offices, and insuring local media have
accurate information and providing them with A.A.
public service announcements.

